

HOW TO BE STRONG

Women Object to Simple Remedies and Preventives.

SOME VERY HELPFUL HINTS

Ella Wheeler Wilcox Discusses on the Parity of Her Sex—Why They Are Neglectful of Their Health.



HEALTH is the foundation of happiness and beauty; but, while the whole female sex sighs for beauty and health only one woman in every hundred is willing to use sense and industry in the pursuit and maintenance of either. The other ninety-nine will exhaust themselves in shopping and calling and in a score of resultless ways, and complain that "they have no time" for an hour each day in the gymnasium.

When completely prostrated they will take expensive treatment of high priced physicians, but they will not take simple preventives to disease which nature provided for man as well as for cats and dogs.

They will use dear and dangerous cosmetics, but they will not persist in daily methods of developing beauty of form and complexion.

The one thing they will do is to bathe. And in the bath, as in many other things, the American woman goes to an extreme and makes an abuse of it.

One can be clean without soaking in a tub of water twice a day. Only the most full blooded, only the most vigorous woman can retain her vitality with this incessant opening of the pores.

"Give up your morning plunge? Never!" cried one of these perpetual scrubbers, who was always complaining of fatigue and lassitude. "I should not feel fit to associate with civilized beings." Finally, persuaded to rub her whole body with fine salt moistened with alcohol three mornings each week in place of her plunge, a most remarkable increase of vigor resulted, with no diminution of cleanliness. It is more trouble than the soaking process, however, and few women have the perseverance to discover its benefits.

The bony chested, flat bustled girl who would have the industry and ambition to rub her breast with perfumed sweet oil for ten minutes every night and with cold water every morning the same length of time would find firm layers of muscles and flesh covering the bones in two years' time. Ten minutes each day given to deep breathing would assist marvelously in developing the chest. But she tries these things one or two weeks, says it is "an awful bother" and gives it up. She does not give up sighing over her lack of a good figure.

When an all wise Creator provided catnip for all cats and gave malaria affected dogs the instinct to chew dogwood he also provided health giving herbs for man. But man laughs at the suggestion as a "granny's notion" and dies of kidney and liver complaint after providing for an army of physicians.

The simple red clover blossom contains a health giving property that invariably imparts vitality and averts disease to the person wise enough and persistent enough to use it. It can be gathered in any country place in summer or bought for a few cents at any drug store. A quart of clover tea drunk daily in place of dyspepsia inducing ice water will in three months' time give a woman a clear skin and a fine color if it is natural for her to have color. It will give her vigor and vitality also, and completely cure any tendency to scrofula if persistently inhaled every day.

To my personal knowledge the constant use of this simple herb tea has cured five cases of well developed cancer.

And yet where is the woman who merely to avert disease and obtain vigor will persist in brewing and drinking this beverage day after day? Echo answers, "Where indeed?"

We have hundreds of women who will climb Vesuvius and gaze into its crater, but not one in a hundred will tie a piece of woolen yarn from the chandelier, the end falling even with her lips, and count the seconds it requires to keep it moving with her exhaled breath. Yet this small act, performed for a few moments several times a day, will increase the blood measure two inches in one year at the very least, develop the chest and give lung vigor. Nearly every woman who reads this article will say of some one of these things, "Well, now I am going to try this." But at the end of one week the interest will lag. "I haven't time," she will say. Yes, we have all the time God made, and it pays to take enough of that time to keep health and good looks. This can be done without sacrificing any duty in life if we only learn not to "dawdle" and fritter away the moments in useless ways.

By the old common law theory as set forth in Blackstone, when a woman married it was supposed that she was willing to give up to her husband the entire control of any property she then had or might thereafter acquire, retaining no rights but such as he consented to give her.

Of course this has been modified in

by which the husband agreed that the wife should retain possession of the property she brought to him.

But we have changed all that, or most of it, by statute, so that today in most of the states the rights of a married woman in her own property are as absolute as those of her husband in his.

The husband's control of his property is not, strictly speaking, absolute, since it is subject to the debts of his wife, to the support of the family, in a few states to the debts of the wife incurred before marriage and in a great many to the dower right.

The wife's rights in her husband's property, therefore, are generally greater than his in hers.

The law holding a man responsible for the support of his wife and children, regards the wife as the agent of the husband and holds him responsible for any debts she may contract.

In cases where a man advertises that he will not pay his wife's debts the courts may hold that it has no greater force than as a warning, and that he is still responsible for bills for necessities.

In almost every state a wife's separate property—that is, property which has come to her by inheritance, or by bequest or devise, or by gift from any one but her husband, or money which she has earned, or property bought with money acquired in any of these ways—is not liable for her husband's personal debts, nor is it liable for debts for the family unless no property of the husband can be found to satisfy them.

Property given to her by her husband may be so liable if there is a suspicion of fraud in the conveyance. Of course if some distinction were not made any man could avoid paying his debts by simple process of handing his property over to his wife as fast as he acquired it.

The wife's property is free from the husband's control in the sense that he could not insist upon her selling or mortgaging it, yet the increase and profits of the property (interest, rents collected, crops raised, etc.) may be liable for debts for the family support after the creditor has exhausted his remedy against the husband. In a few of the states such profits form part of what is known as "community property," and are equally liable with the husband's property for such debts.

In some states a husband is liable for the antenuptial debts of his wife. In Tennessee he is as fully responsible for these as for his own. In Maine, if he voluntarily assumes payment of any of them, he can be sued for others. In New Hampshire he is liable for her debts incurred on her own responsibility after her majority, but not for debts incurred while under age and living in her father's house. There are provisions similar to these in a few other states, but in most of them neither husband nor wife is liable for debts of the other prior to the marriage.

In most of the states the earnings of a wife are entirely under her own control. In New York she can engage in any trade or business and carry it on the same as if she were single, and this holds good nearly everywhere, except that in some states she cannot enter into a business partnership.

The earnings and profits of her business will be her independent property, not subject to any control by her husband, but all debts and liabilities incurred in carrying on such business will also be her own, and not, like her personal debts and debts for the support of herself and children, legally chargeable upon the husband.

In a few of the states (Rhode Island, Vermont and West Virginia, for instance) a wife cannot carry on a separate business or trade without her husband's consent unless he is insane or imprisoned or has deserted her. This, however, cannot be construed as a prohibition to earning wages.

As to whether a woman may sue her husband for the performance of a contract or promise made with or to her there is a difference of practice in the different states. It is also not settled how far she can be held liable upon an indorsement for another person.

In New Jersey and several other states, generally speaking, those in which the right of coverture exists, a husband must join with his wife in a deed of conveyance. This is not required in New York.

New Jersey has been very much behind the other states in the matter of making reforms of this sort. It is comparatively recently that a married woman can control her own property or make a valid will or sue in her own name.

When any one owns real property in several states, each parcel is subject to the laws of the state in which it is situated. Personal property, on the other hand, is subject to the laws of the state in which the owner resides.

A wife can insure her husband's life for her own benefit. It is, however, a little difficult to understand what this privilege amounts to, since it would not be easy to find a company which would issue a policy without a personal application from the person insured and without his submitting to an examination.

A wife having once induced her husband to insure his life can, however, pay the premiums herself if he does not. But of course any beneficiary can do this.

M. HELEN FRASER LOVETT.

An Exemplary Woman's Club.

The woman's club which has achieved the most important results of perhaps any in this country, industrially, financially and socially, is the New Century club of Philadelphia. The New Century has its own clubhouse, and has organized the Working Woman's guild, with evening classes of students numbering from 700 to 800. The founder of both the club and the Working Woman's guild is Mrs. Turner.

PARIS FASHIONS.

Evening Ball Dresses and Evening Wraps Described.

Just now ball dresses and evening wraps take the greatest prominence in the world of fashion in Paris, and while the empire is really the favorite there are those who do not like it or to whom it is not becoming, and it is well known that a French woman will not wear an unbecoming dress just because it is the fashion. If the fashion is what one might call an imperfect one, a French woman will seek some way by which the style may be modified to fit the wearer's requirements while still being in the fashion.

There was a beautiful ball dress made for the brilliant wife of a Russian diplomatist which was much admired at a recent reception and ball. The skirt was of cream colored satin, rich and heavy. The train, pale blue and each side were made of small, smooth, satiny

in folds of satin and velvet, and at the belt line was a great buckle in dull gold diagonals, studded with splendid emeralds.

Some curious ladies declared that the gown and jewels were in barbarous taste, but the effect was queenly.

Another very beautiful ball toilet was of pale blue faille, embroidered in outline with seed pearls and trimmed with festoons of dark blue surah. The sash belt and upper portion of the corsage were of the dark blue surah, and there was a corslet of white lace and a Watteau drapery in the back.



EVENING TOILETS.

Isaw a handsome costume that was to be sent to New York, and it was made of maroon cashmere and ottoman velvet, garnished with green velvet and steel lace, with opal drops. The lace is laid over the velvet and forms the belt and collar. The skirt is plain and edged with a narrow velvet roll, and is lined throughout with green silk.

With this went a Rejane hat in soft felt, with a soft and dented crown, with a narrow brim which stands out straight, and trimmed with half a dozen small ostrich tips, all closely curled and starting from one point. The hat is green, the feathers dusky red.

HOMEMADE CHRISTMAS GIFTS.

How to Make a Few Useful and Attractive Presents.

Three yards of 3-inch ribbon is the foundation for a pretty "companion" to be used by one who appreciates conveniences for the workbasket. Cover two cards with the ribbon and fasten the two short ends together. Cut three or four pieces of flannel a seam smaller and fasten to one of the cards, sewing to a half yard of the ribbon, adding the strings of daisy ribbon. Cut another half yard, turn one end to a point and fasten on one of the chambray covered emery bags that can be bought at any notion counter.

Two inches above the point herringbone a narrow tuck, through which a ribbon is run, attaching a spool of cotton.

Split another half yard, split an inch or more, and sew in a pair of scissors. Herringbone a narrow hem on five-eighths of ribbon, turn it up five inches, overcast the edges and fill three inches of the bag thus made with soft wool, a row of herringbone to divide it from the pocket thus left, in which a thimble may be kept.

Loops of ribbon conceal the ends where fastened together, and a safety pin is sewed on to attach to the wearer's side.

A workbasket is always an acceptable present to a woman. Take any pretty basket—an Indian one made of sweet grass, for instance—and make a quilted silk lining to fit the inside. Make little gathered pockets of the silk and sew them on the sides and tack the lining firmly in the basket, finishing it around the inside of the top with plaited ribbon. If there is a cover it should have a plain quilted lining tacked neatly in the top, and the outside should be ornamented with a bow of wide ribbon.

One spool crochet silk, two yards narrow ribbon, quarter yard china silk, cotton wadding and some sachet powder. Cut two 5-inch squares of cardboard, covering with wadding and sprinkling powder under it. Cover with silk. Make a chain of 50 stitches, join seven chain, catch in the fifth stitch of founda. CROCHETED HANDKERCHIEF BAG.

It was the Landlord's Only Luxury, but the Drummer Refused It.

"Hotel keepin' pay?"

"Well, yes, sorter. Heap or trouble 'tached to it though."

"Drummers perticklar?"

"Yes, dem 'em, they be."

The landlord of the Southern hotel hit viciously into a twist of homepun tobacco.

"No, they don't kick 'bout the price, but they always a wantin' somethin' extra though. Now, that chap of come in on the ten thirty last night kicked on he couldn't get a room to himself with store in it. Said the fire in the fireplace burned his shins while his back was freasin'."

"Kicked on the winter wouldn't shet tight, had ter have a clean towel and said he'd be burned if he was gwine to use soft soap. Then he raised Cain on ter want split fire clean pillar slips and sheets on the bed."

"He kept me on Sam on the trot for an hour on then couldn't satisfy him. He just sat in a chair and cuss like a prut."

"This mornin' he him down to breakfast lookin' like he'd tuck a dose of persimmons afore the frost tched 'em on back he's was."

"The first thing he set ter was a napkin. I told him we was just out of napkins, but just make him ter home and wipe his mouth on the tablecloth."

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co'ed, says he, doctor suspiciously.

"Terminar's our looker day," says I. "Try some poke on co' bread. It's powerful good 'these cold mornin's."

"Thanks," says he, but he didn't tuck 'em.

"Let me have a couple or rolls on er cup or tea," says he ter Sam.

"Sassafrack tea or sto' tea?" says Sam.

"Sto' tea."

"Black or green?"

"Either will do," says he.

"Haint got enny," says Sam.

"Gimme the other kind, then," says he.

"Haint got enny of that either, boss."

"Well, the rolls on a glass or water."

"There's biskit, sah, bettern rolls," says Sam.

"Well, the blamed fool groaned jest fer all the worl' like he was a-gettin' religion."

"Then he tuck a biskit, on pintin ter the butter, says:

"Pass me the smearsace, please."

"Sam had ter explain ter him that 'twas butter—fresh country butter. Then he wouldn't have it."

"I was thet mad thet if it hadn't bin fer fear I'd hurt the reputation of the house I'd a tuck an frailed him right there."

"Whad I charge him?"

"Dollarn quartah fer bed an breakfast." And with a sigh for man's inhumanity to man the landlord arose from his split bottomed chair and sauntered to the depot to meet the noon train.—New York Herald.

Lige Jackson's Wife.

One day in my missionary work in the Cumberland mountains I rode up to a much better looking house and hillside farm than was customary in that section.

"Good morning," I said to a tall, thin man working in a patch between the house and the road.

"How dy?" he responded.

"Very nice place you have here," I remarked.

"Right peart," he returned.

"Can I see the man of the house?" I inquired.

"Thar ain't none."

"No? Does a widow own the place?"

"No. A married woman."

"Who is she?"

"Lige Jackson's wife."

"And there is no man of the house?"

"That's what I said."

"Well, can I see Mrs. Jackson, then?"

"No. She's gone down to the store to sell some truck."

"When will she be back?"

"Ain't no tellin'. She does purty much ez she pleases round here."

"Mr. Jackson doesn't cut much of a figure, does he?" I laughed.

"Not much."

"Are you working for him?"

"Course not; fer her."

"Who are you?" I ventured, for I was bound to see somebody who could give me the information I sought.

The man smiled a little.

"Oh," he said, "I ain't nobody much. I'm only Lige Jackson's wife's husband."

—Detroit Free Press.

There are eight soldiers located in Ireland to one in Scotland, and over twenty boys under eighteen years of age have won the Victoria cross.

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